Instructions: Read each question carefully and select the response that feels most true for you.

Section 1: Emotional Awareness

How do I feel when reflecting on past experiences?

☐ Calm and accepting

☐ Some discomfort, but manageable

☐ Overwhelmed or anxious

☐ I actively avoid thinking about the past

How do I typically respond to difficult emotions?

☐ I acknowledge and process them

☐ I distract myself or suppress them

☐ I feel consumed by them

☐ I'm unsure how to handle them

Section 2: Healing & Coping Strategies

What support systems do I currently rely on?

☐ Personal reflection (journaling, meditation)

☐ Friends and family

☐ Professional therapy

☐ I struggle to find support

How often do I practice self-care or grounding techniques?

🔲 Regularly—I have routines in place

🔲 Occasionally, when I remember

🔲 Rarely—I struggle to prioritize self-care

Section 3: Growth & Next Steps

What does healing mean to me?

🔲 Feeling at peace with my past

🔲 Learning how to manage emotions better

🔲 Feeling more empowered in my life

🔲 I'm still discovering what healing means for me

If I could take one small step towards emotional healing, what would it be?

🔲 Seeking support or therapy

🔲 Exploring self-reflection practices

🔲 Setting boundaries in relationships

🔲 Practicing self-compassion

Healing is not linear, and every step forward, no matter how small, is meaningful. If you'd like to explore these reflections further in a supportive, safe space, I'm here to work with you.

Ready for deeper support? Contact Nicola at nicola@nicolaclarkecounselling.co.uk